

Study identifies brain areas altered during hypnotic trances

med.stanford.edu
By scanning the brains of subjects while they were hypnotized, researchers at the School of Medicine were able to see the neural changes associated with hypnosis.

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Hypnosis With and Without Imagery

psychologytoday.com
8 effective hypnosis techniques that don't involve imagery.

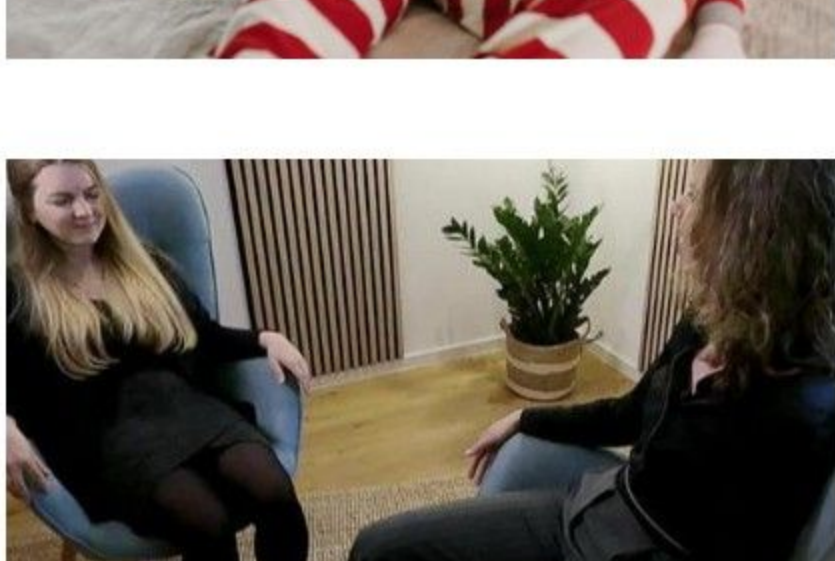
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Treatment of Children's Insomnia with Hypnosis

psychologytoday.com
Imagery can help overcome nighttime fears.

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Treating fear of flying with hypnosis

editorji.com
Fears often arise where we have little influence: in the subconscious. That 's why it 's so hard to overcome anxiety disorders. Hypnosis can help; sometimes even with a single session.

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How hypnotherapy could help you conceive

harpersbazaar.com
A Harley Street hypnotherapist specialising in fertility explains how hypnotherapy could help you conceive

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Can Sports Hypnosis Improve Performance?

health.clevelandclinic.org
Can hypnotherapy help your sports performance? A Cleveland Clinic expert says yes.

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Evidence-based study shows how hypnotherapy provides positive outcomes for IBS patients

news-medical.net
It is common that Hong Kong people might have experiences of disordered defecation with unknown reason, such as diarrhea and constipation. It is also easy to observe that abdominal discomforts often ...

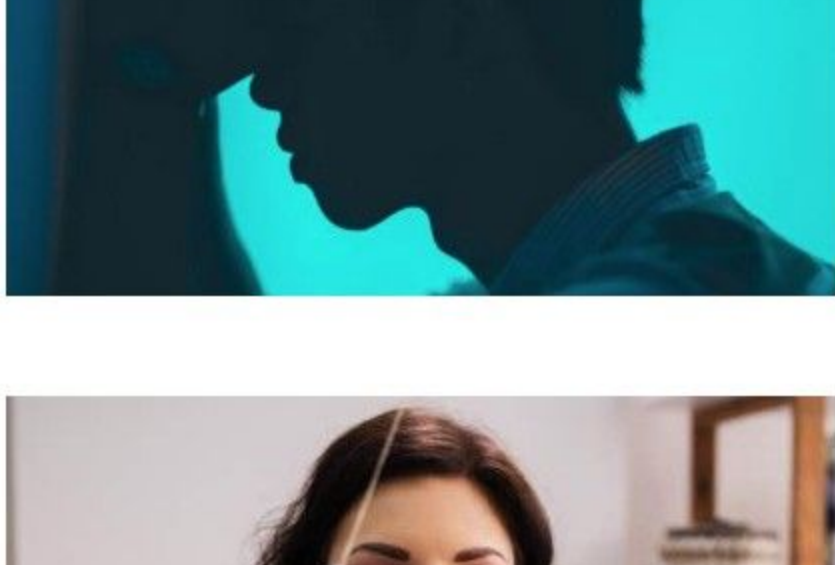
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What to Know About Hypnosis for Overactive Bladder

healthline.com
Searching for a new approach to improving overactive bladder symptoms? Hypnotherapy could make a difference. Here's how it works and how to try it.

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Treatment of Nausea with Hypnosis

psychologytoday.com
Addressing both physical and psychological triggers of nausea is essential.

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Why Hypnosis Is Real – But Not In The Way You Might Think

yourtango.com
Is Hypnosis Real? Well, It's Certainly More Than Just Having A Watch Waved In Your Face. Hypnosis Is Actually A Form Of Therapy, And It Works To Alleviate Certain Mental Health Issues.

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Hypnotist puts himself into trance as surgeon saws through his ankle WITHOUT general anaesthetic

mirror.co.uk
Hypnotherapist Alex Lenkei has undergone six operations while still conscious

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10 Ways Hypnotherapy Helps Calm Anxiety and Stress

guycounseling.com
Learn 10 ways hypnotherapy can help you with anxiety. Discover the ins and outs of clinical hypnotherapy. Struggle with anxiety? Hypnosis and anxiety.

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Self-hypnosis: How to, benefits, and more

medicalnewstoday.com
Self-hypnosis is a process that involves entering a highly relaxed and focused state. Some research suggests that it can promote sleep and reduce pain. Learn more.

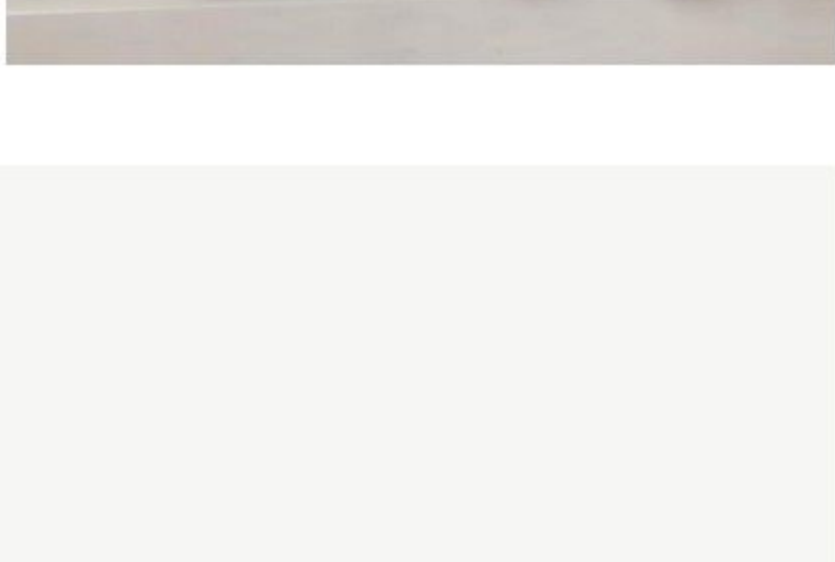
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How Long Does It Really Take to Form a Habit?

lifehacker.com
It's not 21 days, no matter what the life hack industrial complex wants you to think.

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Sexual hypnosis: Does it work?

jpost.com
Sex therapist Tatyana Dyachenko said that if you are having trouble with a low sex drive then sexual hypnosis is a good idea to think about.

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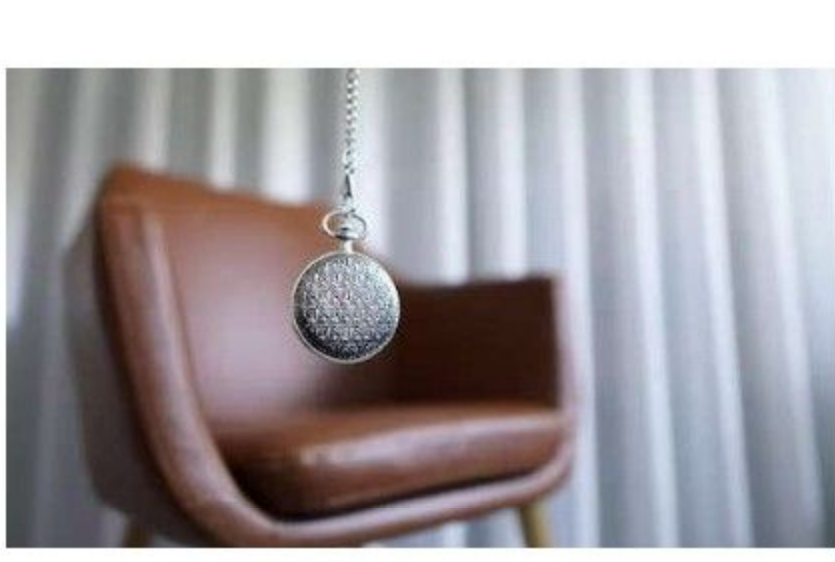
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Using Hypnosis to Help Manage Physical Ailments

psychologytoday.com
Hypnosis can be an effective clinical tool for the relief of physical symptoms.

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How self hypnosis could help improve your running

runnersworld.com
How mastering control of your mind and tapping into your sub conscious can help you become a better runner

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6 Major Benefits of Hypnosis For People With Depression

thingsthatmakepeoplegoaww.com
Have you ever considered engaging in hypnosis to help treat your depression? If not, consider reading this article as it talks about 6 major benefits of hypnosis for people with depression. Hypnosis ...

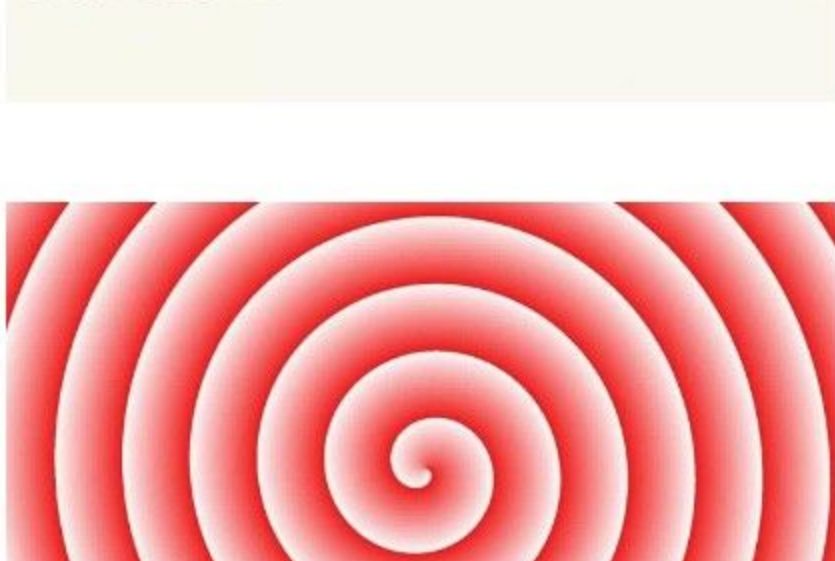
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Dealing With Pain Through Hypnosis

psychologytoday.com
An understanding of the causes of pain helps guide its therapy.

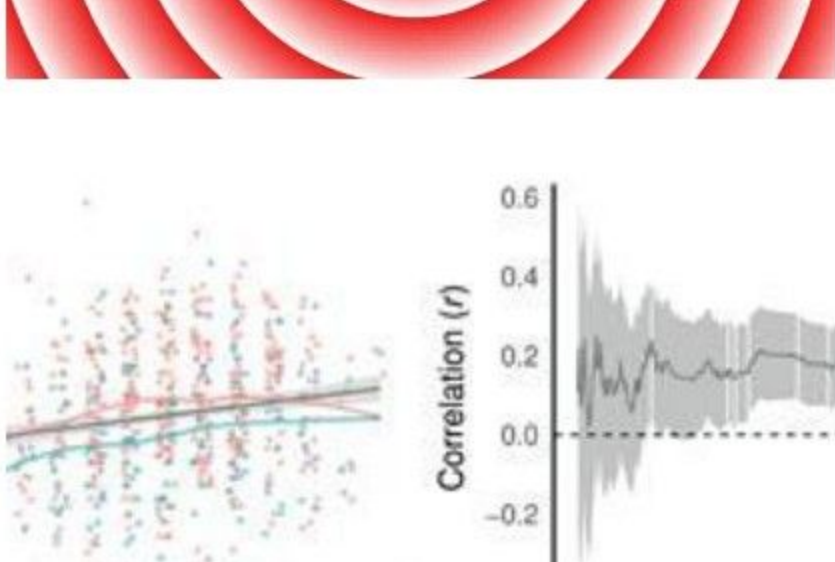
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An Unusual Interaction with the Imagination

psychologytoday.com
Use of clinical hypnosis can lead to unexpected experiences.

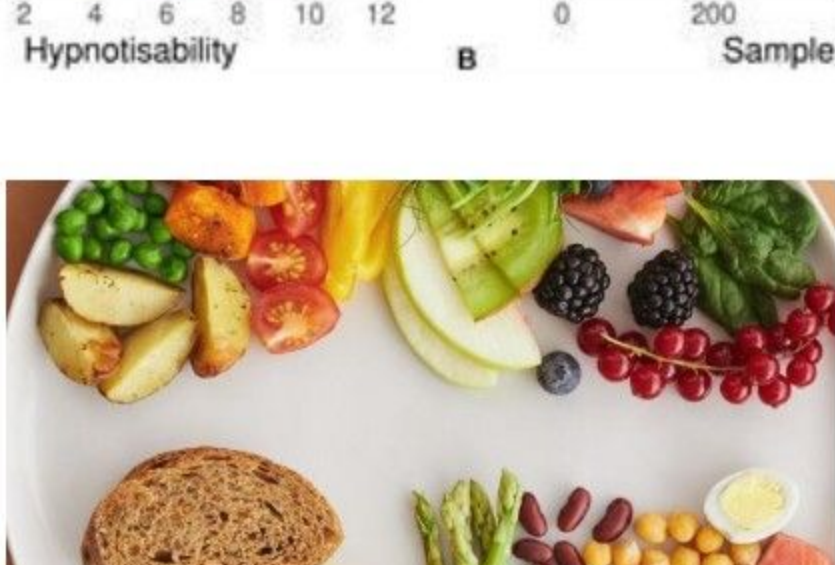
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Does hypnosis really work for anxiety? Here's what the science says

zmesience.com
Evidence suggests hypnotherapy can be effective at treating anxiety, especially if it is coupled with other therapies.

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6 Ways to Use Hypnosis for Improved Well-Being

psychologytoday.com
Hypnosis can make it easier to achieve and maintain good health.

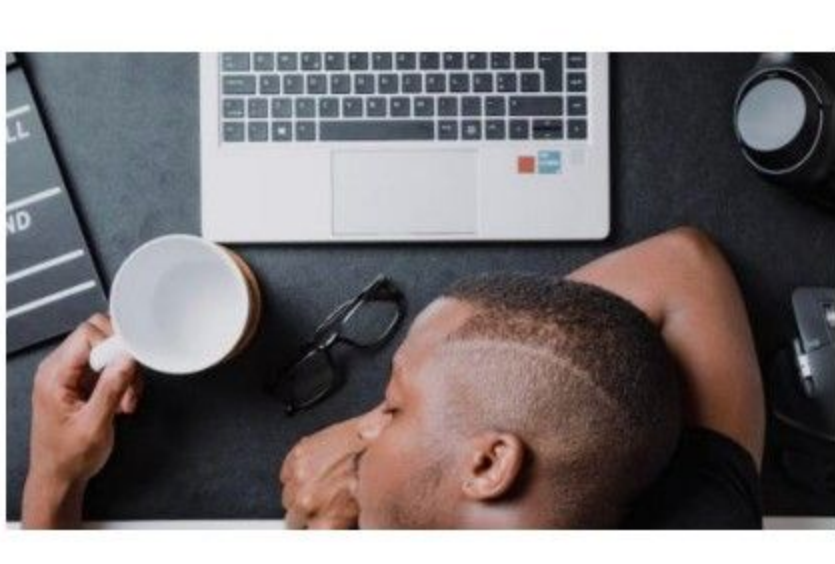
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How can hypnosis help you to put procrastination in the past?

happiful.com
Nearly one in five of us are chronic procrastinators. Could hypnotherapy be the answer to help us stop idling, and get more proactive for good?

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I Tried Hypnosis To Cure My Depression

yourtango.com
One Woman Decided To Try Hypnosis For Depression After Nothing Else Worked.

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Understanding the Subconscious: Its Central Role in Hypnosis

psychologytoday.com
7 methods for having conversations with your subconscious.

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Hypnosis on patients treated with adjuvant chemotherapy for breast cancer: A feasibility study

pubmed.ncbi.nlm.nih.gov
Our study showed that self-hypnosis was feasible on patients newly diagnosed for breast cancer receiving chemotherapy.

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Treatment of Attention Deficit Hyperactivity Disorder

psychologytoday.com
Four ways hypnosis can be used to improve ADHD.

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Podcast & Resources | Mary Barrett | Empowering Mind Mastery Coaching

marybarrett.global
Mary Barrett shares her Resources & Inspiration both from people she admires and her own personal beliefs on how you can increase a positive mindset...

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Treatment of Nausea with Hypnosis

psychologytoday.com
Addressing both physical and psychological triggers of nausea is essential.

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Hypnosis for the College Student

psychologytoday.com
How students can deal better with academic, health, and social challenges.

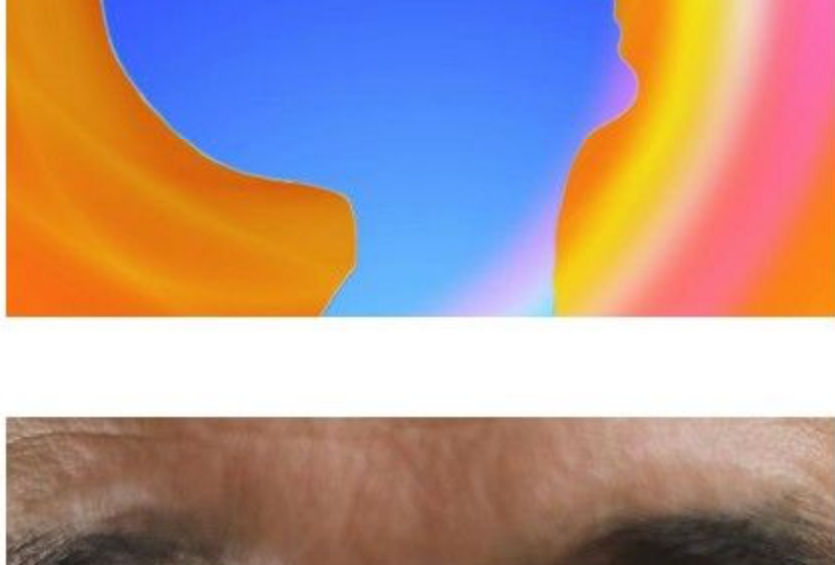
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Hypnotherapy isn't magic, but it helps some patients cope with surgery and recovery

washingtonpost.com
The technique has been used for decades in Europe for minimally invasive procedures.

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Hypnotherapy for Health and Happiness

nextavenue.org
This writer breaks down the benefits of hypnotherapy as an evidence-based mind-body approach to overall health

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